



City of Gaithersburg Press Release

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For Immediate Release

Move, Play and Grow with Winter Recreation Classes Registration Now Open

Gaithersburg, MD – (November 28, 2018) Registration is now open for dozens of winter classes and activities designed to get you moving, keep you thinking, and enjoy shared experiences. You'll find a complete listing in the latest edition of Go! Gaithersburg, the City's comprehensive guide to recreation classes, facility information, cultural arts, and other activities, available online at www.gaithersburgmd.gov and at all City facilities.

With programs for preschoolers, youth, teens, and adults, you'll discover an array of fitness, dance, aquatics, and special interest classes. Get crafty at Casey Community Center with monthly cultural craft activities plus classes in Basketry, Hand Sewing and meditative Zentangle. Want to try something new with your better half? Partner Stretching and Yoga Poses will bring you together in more ways than one. Sample this class for free on Wednesday, December 19 at 7:15 p.m. at the Activity Center at Bohrer Park. And, be sure to HIT your New Year's goals with STRONG by Zumba, a high-intensity workout combining body weight, muscle conditioning, cardio, and plyometric training moves synced to original music. A free demo takes place on Tuesday, January 8 at 7:35 p.m. at Casey Community Center.

Keep your workouts going at the Fitness Zone at the Activity Center at Bohrer Park and at the Fitness Center at the Benjamin Gaither Center for those 55 and older.

Art classes and workshops for children and adults, including painting, drawing, and glass fusing, are offered at the Arts Barn, Gaithersburg's premiere cultural arts facility. Registration for these classes is ongoing and takes place year 'round.

The Go! Gaithersburg Guide also includes a listing of facilities available to rent for birthday parties and other social occasions, a schedule of upcoming cultural arts programs and special events, after school opportunities for students, and information about the City's Skate Park, Miniature Golf Park, and Aquatic and Recreation Centers.

The Go! Gaithersburg Guide is a publication of the Gaithersburg Department of Parks, Recreation and Culture. It is printed four times a year, in August, December, March, and May. For a list of classes, dates and times and

to register online, visit www.gaithersburgmd.gov/recxpress. Sign up for our newsletter on the City's website and follow us on Facebook @GaithersburgRecreation. For more information, call 301-258-6350.

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